

IBD Camp Oasis: A look at Participants' Social-Emotional Well-Being and Protective Factors During Camp and Beyond

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Background: Camp Oasis is an annual week-long camp serving children with inflammatory bowel disease (IBD) and hosted by the Crohn's and Colitis Foundation. Youth with IBD are at increased risk for mental health challenges, with Camp Oasis potentially mitigating these risks. The aim of this study is to measure change in and predictors of social-emotional well-being and protective factors of self-worth as a result of attending Camp Oasis.

Methods: Between 2012 and 2019, a voluntary survey was administered to participants and their caregivers to reflect on their perceptions of social-emotional well-being and protective factors related to chronic disease. T-tests compared change in participants' and caregivers' perceptions before and after camp; path analyses examined the key predictors of social-emotional well-being.

Results: A total of 6051 online surveys were analyzed. Participants and caregivers reported consistently positive perceptions of participants' experiences during and after camp. Significant improvements in confidence, independence, activity, comfort around others, being more open about disease, and taking medication as expected were observed. Being new to Camp Oasis was one of the strongest predictors of both disease-related self-efficacy and social connections after camp.

Conclusions: The uniformly high rates of participants' perceptions during camp suggest camp is a life-changing experience for youth with IBD, reduces disease-related stigma, and enhances confidence and social skills. Participants' positive experiences appear to foster notable benefits after camp in terms of openness, their sense of belonging, connections, and confidence.

Lay Summary

Camp Oasis is a life-changing experience for children with inflammatory bowel disease. This review of participant and caregiver surveys confirms camp's significant positive impact on well-being, social connections, and medication compliance. These findings should generate additional enthusiasm in Camp Oasis.

Key Words: camp, IBD, Crohn's disease, ulcerative colitis, pediatric IBD, well-being, mental health

Introduction

Approximately 70 000 to 80 000 youth in the United States are currently diagnosed with inflammatory bowel disease (IBD), consisting of Crohn's disease and ulcerative colitis.¹ These youth are at increased risk for depression, anxiety, and social-emotional difficulties, which may continue into adulthood.^{2–4} The etiology of these difficulties may be attributed to

disease symptomatology and challenges with or side effects from treatment, but also stigma and social isolation experienced by youth with IBD.⁵

For more than 20 years, Camp Oasis, a week-long camp administered by the Crohn's and Colitis Foundation across 12 locations in the United States, has provided an overnight summer camp experience for youth with IBD. Each camp

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Colorectal Surgery E-Book Robin K. S. Phillips, Sue Clark, 2013-06-22 Colorectal Surgery meets the needs of surgeons in higher training and practising consultants for a contemporary and evidence based account of this sub specialty that is relevant to their general surgical practice It is a practical reference source incorporating the most current information on recent developments management issues and operative procedures The text is thoroughly referenced and supported by evidence based recommendations wherever possible distinguishing between strong evidence to support a conclusion and evidence suggesting that a recommendation can be reached on the balance of probabilities This is a title in the Companion to Specialist Surgical Practice series whose eight volumes are an established and highly regarded source of information for the specialist general surgeon The Companion to Specialist Surgical Practice series provides a current and concise summary of the key topics within each major surgical sub specialty Each volume highlights evidence based practice both in the text and within the extensive list of references at the end of every chapter An expanded authorship team across the series includes additional European and World experts with an increased emphasis on global practice The contents of the series have been extensively revised in line with recently published evidence New techniques such as percutaneous and transcutaneous tibial nerve stimulation for faecal incontinence as well as extralevator abdomino perineal excision are fully covered Cumulated Index Medicus, 2000

Mass Media and Health Kim Walsh-Childers, 2016-12-01 Mass Media and Health Examining Media Impact on Individuals and the Health Environment covers media health influences from a variety of angles including the impact on individual and public health the intentionality of these effects and the nature of the outcomes Author Kim Walsh Childers helps readers understand the influence that mass media has on an individual's health beliefs and in turn their behaviors She explains how public health policy can be affected altering the environment in which a community's members make choices and discusses the unintentional health effects of mass media examining them through the strategic lens of news framing and advocacy campaigns Written for students across a variety of disciplines Mass Media and Health will serve as primary reading for courses examining the broader view of mass media and health impacts as well as providing supplemental reading for courses on health communication public health campaigns health journalism and media effects

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